

Healthy weight gain during pregnancy can help you and your baby.



Healthy weight gain will lower your risk of diabetes and high blood pressure.





Your baby is more likely to be born on time and at a healthy weight.

Resources

Daily Food Plans for Pregnancy & Breastfeeding

A meal planning system for pregnant or breastfeeding women. www.choosemyplate.gov/pregnancy-breastfeeding.html

ParentHelp123

Help with breastfeeding, WIC, health insurance, maternity support and more.

1-800-322-2588 or online at: www.parenthelp123.org

La Leche League of Washington

For weekend or evening breastfeeding support. www.lllofwa.org

USDA is an equal opportunity provider and employer.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet.

To find out more,

contact 877-501-2233 or foodhelp.wa.gov





After baby arrives



Remair active



Stay with health snacks and meals



Drink lots of water



Sleep when baby sleeps



Breastfeeding provides lifelong health benefits to you and your baby.



This book has tips that have helped other women gain a healthy weight during their pregnancies.

Nutrition tips





Eat small snacks regularly













Break activities up into 15 minute periods







Find space inside during winter







Exercise with TV

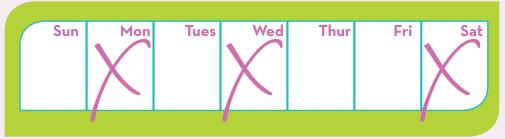




Set timer for activities

Schedule time to be active, use the calendar on your phone.





for 30-45 minutes







Include protein in most meals.



Choose healthy options when eating out.

Drink lots of water and order salad dressing and dipping sauce on the side.





Energize your life!











Be active! Make it fun!



Walk with kids to school, with a buddy group, or around playground as kids play.









PRINTING SPECIFICATIONS

Title: Healthy Weight Gain During Pregnancy

Size: 12x6 inch Flat

6x6 inch pages 8 Page plus cover

Paper stock: Anthem Matte Text #80 **Cover stock:** Anthem Gloss Cover #80

Ink color: 4-color process/, Bleeds

Special instructions: Fold to 6x6 inches Saddle Stiched 4/4

DOH Pub #: 940-027